

## TRICARE BENEFICIARY BULLETIN – APRIL 20, 2012 –651 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO. (:10)

FIRST UP: ANNEMARIE FELICIO REPORTS ON GETTING SCREENED AND STANDING UP TO CANCER.

CANCER IS ONE OF THE LEADING CAUSES OF DEATH IN THE UNITED STATES, BUT FORTUNATELY, MANY COMMON TYPES OF CANCER ARE TREATABLE IF DETECTED EARLY. TO ENSURE EARLY DETECTION, TRICARE COVERS A VARIETY OF CANCER SCREENINGS AT NO COST TO YOU.

A RECENT STUDY PUBLISHED IN THE NEW ENGLAND JOURNAL OF MEDICINE FOUND THE DEATH RATE FROM COLORECTAL CANCER DECREASED 53 PERCENT IN THOSE SCREENED. IN ADDITION TO

STARTING TREATMENT FOR THOSE FOUND TO HAVE COLON CANCER, SCREENINGS ALLOWED DOCTORS TO DETECT AND REMOVE SMALL PRE-CANCEROUS GROWTHS CALLED POLYPS. SCREENINGS IMPROVE YOUR CHANCES OF PREVENTING CANCER BEFORE IT EMERGES, OR DIAGNOSING IT EARLY ENOUGH FOR EFFECTIVE TREATMENT.

THERE ARE MANY EFFECTIVE SCREENING TESTS FOR DIFFERENT TYPES OF CANCERS. TESTS ARE PERFORMED BEFORE YOU HAVE SYMPTOMS, WITH THE IDEA BEING TO CATCH CANCER EARLY WHEN IT MAY BE EASIER TO TREAT AND EVEN CURE.

TRICARE COVERS CANCER SCREENINGS FOR BREAST CANCER, CERVICAL CANCER, COLORECTAL CANCER, PROSTATE CANCER, SKIN CANCER AND OTHERS. SINCE CANCER SCREENINGS ARE PREVENTIVE CARE, THERE IS NO COST TO YOU FOR THE SERVICE, ALTHOUGH YOU MAY HAVE TO PAY OFFICE VISIT COST SHARES IF YOU VISIT YOUR DOCTOR.

LEARN MORE ABOUT TRICARE COVERAGE OF PREVENTIVE SERVICES  
LIKE CANCER SCREENINGS AT [TRICARE.MIL/PREVENTIVECARE](http://TRICARE.MIL/PREVENTIVECARE).

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

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YEARS OF WARTIME DEPLOYMENT IN IRAQ AND AFGHANISTAN  
HAVE TAKEN A TOLL ON MANY SERVICE MEN AND WOMEN.  
WOUNDED WARRIORS AND THEIR FAMILIES SACRIFICE GREATLY  
FOR OUR COUNTRY AND DESERVE THE HIGHEST QUALITY HEALTH  
CARE. THE MILITARY HEALTH SYSTEM AND TRICARE ARE  
COMMITTED TO PROVIDING SEAMLESS HEALTH CARE COVERAGE  
THROUGH EACH STAGE OF TREATMENT, RECOVERY AND  
REHABILITATION.

IF YOU ARE A WOUNDED WARRIOR, YOU MAY RECEIVE CARE AT A  
MILITARY TREATMENT FACILITY BEFORE MOVING TO A  
DEPARTMENT OF VETERANS AFFAIRS HEALTH FACILITY. BENEFIT  
COUNSELORS AND LIAISONS AT MILITARY HOSPITALS HELP  
ARRANGE YOUR CARE AT VA FACILITIES, EXPLAIN OTHER VA  
SERVICES AND FACILITATE DISCHARGE PLANNING. IF YOU ARE

SEPARATING FROM ACTIVE DUTY, YOU AND YOUR FAMILY MAY BE ELIGIBLE FOR BENEFITS UNDER THE TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM IN ADDITION TO WHAT THE VA PROVIDES. TAMP GIVES YOU AND YOUR FAMILY 180 DAYS OF HEALTH CARE AFTER YOU SEPARATE FROM ACTIVE DUTY.

MANY SPECIALIZED PROGRAMS EXIST TO HELP WOUNDED WARRIORS AND THEIR FAMILIES HEAL AND RETURN TO DUTY OR TRANSITION TO CIVILIAN LIVES. THEY VARY ACCORDING TO HEALTH CARE NEED AND SERVICE BRANCH. SOME OF THESE RESOURCES INCLUDE, THE FISHER HOUSE FOUNDATION, AND THE SOCIAL SECURITY ADMINISTRATION.

AT TRICARE, OUR MISSION IS TO PROVIDE THE BEST POSSIBLE CARE AND SERVICES TO OUR WOUNDED WARRIORS WHO HAVE SACRIFICED SO MUCH. YOU CAN FIND INFORMATION ABOUT MANY PROGRAMS DESIGNED TO HELP YOU MAKE THE TRANSITION BACK TO CIVILIAN LIFE AT [TRICARE.MIL/INJUREDONAD](http://TRICARE.MIL/INJUREDONAD).

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FINALLY, LORRAINE CWIEKA REPORTS ON EXPANDING YOUR KNOWLEDGE OF ENDOMETRIOSIS.

FOR MOST WOMEN, SOME ABDOMINAL PAIN IS COMMON DURING THE MENSTRUATION CYCLE, BUT PROLONGED PERIODS OF PAIN CAN BE A CONCERN. A POSSIBLE CAUSE TO CONSIDER IS ENDOMETRIOSIS, ONE OF THE MOST COMMON GYNECOLOGICAL PROBLEMS WOMEN FACE.

ENDOMETRIOSIS IS MOST COMMON IN WOMEN IN THEIR 30S AND 40S, BUT CAN OCCUR AT ANY TIME IN WOMEN WHO MENSTRUATE.

TRICARE COVERS THE DIAGNOSIS AND TREATMENT OF ENDOMETRIOSIS AND OTHER PROBLEMS WITH THE FEMALE REPRODUCTIVE SYSTEM.

THE MAIN SYMPTOM OF ENDOMETRIOSIS IS PELVIC PAIN. OTHER COMMON SYMPTOMS INCLUDE PAINFUL CRAMPS OR PERIODS, LOWER BACK PAIN, INTESTINAL PAIN, PAIN DURING OR AFTER SEX AND INFERTILITY. IT'S HARD TO DIAGNOSE ENDOMETRIOSIS OR THE EXTENT OF THE DISEASE ON THE SEVERITY OF PAIN ALONE.

THE AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS SAYS THE ONLY SURE WAY TO TELL IF ENDOMETRIOSIS IS PRESENT IS BY LOOKING DIRECTLY INSIDE THE BODY. TREATMENT CAN BE ADMINISTERED MEDICALLY OR SURGICALLY. MEDICATIONS LIKE ORAL CONTRACEPTIVES CAN HELP THE MENSTRUAL PERIOD BE REGULAR, LIGHTER AND SHORTER OR THE MENSTRUAL CYCLE CAN BE STOPPED FOR SEVERAL MONTHS. IF SYMPTOMS PERSIST, LAPAROSCOPIC SURGERY MAY BE AN OPTION TO REMOVE OR BURN AWAY ENDOMETRIOSIS.

WOMEN SHOULD TALK TO THEIR PRIMARY CARE MANAGER IF THEY HAVE ANY FURTHER QUESTIONS. TO LEARN MORE ON TRICARE COVERAGE VISIT [TRICARE.MIL/COVEREDSERVICES](https://www.tricare.mil/coveredservices).

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

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AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL  
HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)